Round 2 · Lesson 11 · Living It

Putting It All to Work

By the end of this lesson, you have a one-page plan that uses all seven principles in your real life, starting this week.

About 20 minutes All ages Round 2

Part 1 · Read (5–8 min)

The big idea

Knowing the principles is the map. Living them is the trip.

You've climbed onto the balcony and learned seven lenses, plus the patterns behind them. Here's every one of them, in one line each, with a real-life use:

The Zoom Out
Notice the thought before you obey it.

Mentalism
Change the first thought, and the loop changes. *Money:* "I'm learning to handle money."

Correspondence
Fix one small pattern to move a big one. *Work:* show up early to one thing, every time.

Sacred Geometry
One simple rule, repeated, builds something beautiful.

Vibration
Check the mood you bring into the room. *Relationships:* 30 seconds before you walk in the door.

Polarity
Don't leap to the opposite. Move one degree.

Rhythm
Prepare in the highs, rest in the lows, decide in the middle.

Cause & Effect
Plant one cause a day in the circle you control.

Action & Patience
Ask what the moment needs: push or wait.

Stillness
One minute a day to let the mud settle.

You don't have to use all of them at once. That's the trap of finishing a course: you feel inspired, try to change everything, and change nothing. Remember Polarity: **one degree at a time.** Remember Sacred Geometry: **one small rule, repeated.**

Pick **one area of life** and **two principles**. That's it. Live those two for 30 days. Then add another.

Part 2 · Practice (10 min)

Your one-page plan

The area of life I'm working on (money, health, relationships, work, purpose)	
Principle #1	
How I'll use it daily	
Principle #2	
How I'll use it daily	

My daily stillness time	
Check-in date (30 days from now)	

Download this lesson as a PDF and put the plan somewhere you'll see it every day: the fridge, the dashboard, your phone's lock screen.

Bonus: Talk it through

Tell Dr. Stone your plan and ask him what you might be missing.

Part 3 · Check yourself

3 quick questions

1. After finishing a course, the common trap is:

- Changing nothing because you try to change everything
- Learning too slowly
- Reading the lessons twice

Changing nothing because you try to change everything. Too much at once usually means nothing sticks.

2. This lesson's plan asks you to start with:

- All seven principles
- One area of life and two principles
- Whatever feels easiest

One area of life and two principles. Small and focused, then build.

3. Which principle says "prepare in the highs, rest in the lows"?

- Rhythm
- Vibration
- Mentalism

Rhythm. The pendulum always swings back.

Part 4 · Try it this week

Your real-life task

Start your plan today, not Monday. Set a reminder for your 30-day check-in. On that day, come back and read this page again. You'll read it differently.

Coming next: Round 3 · The Economics of Life

Round 1 showed how the system works. Round 2 showed how you work. Round 3 puts them together: your money, your time, your choices, and how the inner and outer worlds meet.